

Pregnancy: Weight Gain & Nutrition

INFORMATION FOR ADULTS WHO CARE ABOUT INFANTS

Why does it matter?

- Maternal weight gain can be controlled and is one way to prevent poor birth outcomes such as low birth weight babies.
- Mothers who eat right are less likely to have gestational diabetes, toxemia, anemia, leg cramps, heartburn, obesity, and troubles during labor.
- A proper diet provides a variety of vitamins and minerals.
- Increasing calorie intake while pregnant is important to make each calorie count.

In South Dakota...

Did You Know?

Need More Information?

- The amount of weight a pregnant woman gains especially in the second and third trimesters, greatly affects how her baby grows.
- Proper nutrition while pregnant also helps to ensure a bright future for your baby.

Need more details?

- Weight gain varies for each woman depending on her weight and health status before she got pregnant.
- During the first three months of pregnancy, a total of 2 to 4 pounds should be gained. About 1/2 to 3/4 pound should be gained each week during the second trimester. About 3/4 to 1 pound should be gained per week during the third trimester.
- Gaining weight during pregnancy is healthy for the mother and the baby.
- In South Dakota during 2003, 20% of mothers reported gaining the ideal amount of weight. Nineteen percent of mothers gained less than the right amount of weight during their most recent pregnancy. Fifty-seven percent gained more than the recommended amount of weight during pregnancy. (2003 SD Perinatal Health Risk Assessment Report)

Average Recommended Weight Gain

Pre-pregnancy weight of mother	Definition	Amount to be gained during pregnancy
Underweight	<19.8 BMI	28-40 pounds
Normal weight	19.8 to 26.0 BMI	25-35 pounds
Overweight	26.1 to 29.0 BMI	15-25 pounds
Obese	>29.0 BMI	at least 15 pounds

Source: Institute of Medicine, 1990 report

Approximate Distribution of Gained Body Weight During Pregnancy

Baby	6 ½ to 9 pounds
Placenta	1 ½ pounds
Amniotic Fluid	2 pounds
Breast Enlargement	1 to 3 pounds
Uterus Enlargement	2 pounds
Fat Stores and Muscle Development	4 to 8 pounds
Increased Blood Volume	3 to 4 pounds
Increased Fluid Volume	2 to 3 pounds
Total	22 to 33 ½ pounds

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Nutrition & Pregnancy

•Calorie needs only increase by 300 calories per day during the second and third trimesters of pregnancy to help support an increased metabolism and organ growth. Within the extra 300 calorie requirement the pregnant woman needs to get up to 50% more of most vitamins and minerals, and an extra 10 grams of protein for fetal and placental growth, expanded extra-cellular fluid, breasts and uterus.

•A multi-vitamin pill is advised for pregnant women to cover the increased need for folic acid, vitamins B-6, C, and D and calcium, copper, iron, and zinc. The multi-vitamin pill does not replace the need for high quality food.

•Iron is needed during pregnancy to build the blood supply of the mother and the baby. The baby will then use its own supply of iron for the first three to six months of life.

Food Guide Pyramid



MyPyramid.gov
STEPS TO A HEALTHIER YOU

For More Information Contact:

South Dakota Department of Health
615 East 4th Street
Pierre, SD 57501-1700
Phone: 1-800-738-2301
Fax: 605-773-5942
<http://www.state.sd.us/doh/famhlth/datasheets.htm>

Nutrient	Sources
Iron	dried fruits, spinach, dark green leafy vegetables, sardines, red meats, fortified cereals
Folate	dark leafy green vegetables, whole grains, dried beans and peas, peanut butter, asparagus, fortified cereals and juices
Calcium	milk, cheese, yogurt, cottage cheese, broccoli, fortified juices, tofu, bok choy
Vitamin C	Oranges, broccoli, cauliflower, lemons, cantaloupe

Vegetarian Diets

- 🥕 It is less likely for most vegetarians to obtain sufficient dietary calcium needed for pregnancy from plant sources without using foods with extra calcium.
- 🥕 It is recommended for vegetarians to take a calcium pill if they do not consume dairy products.
- 🥕 Vegetarians should also replace iron-rich meat with dried beans, peas and lentils, enriched cereals and breads, and dried fruits.

How Much is One Serving?

Bread & Cereal Group

- 1 slice of bread
- 1 medium muffin

Fruit Group

- 1 whole medium fruit (about 1 cup)
- 1/4 cup dried fruit
- 1/2 cup canned fruit
- 1/2 to 3/4 cup fruit juice

Vegetable Group

- 1/2 cup cooked or raw chopped vegetables
- 1 cup raw leafy vegetables
- 1/2 to 3/4 cup fruit juice

Meat & Meat Alternative Group

- 2 oz. to 3 oz. cooked meat, poultry, or fish
- 2 eggs
- 7 oz. Tofu
- 1 cup cooked legumes

Milk & Milk Products Group

- 1 cup (8 oz.) milk or yogurt
- 2 slices cheese, 1/8" thick (1 1/2 oz.)
- 1 1/2 cups ice milk, ice cream, or frozen yogurt